

THE PULSE

of the Employees of The New York Hospital 68th to 71st Streets, York Ave. to East River

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HEADACHE: As Defined

By H. G. WOLFF, M.D.

This address was broadcast over Station WABC of the Columbia Broadcasting System, July 20, 1940, under the auspices of the Medical Information Bureau of the New York Academy of Medicine.

(From The New York Hospital and the Departments of Medicine and Psychiatry, Cornell University Medical College.)

Headache is probably the commonest bodily complaint. Let us consider just exactly what hurts during headache, and what makes it hurt.

Obviously the delicate structures about the nose, mouth and eyes are pain sensitive, and when they are irritated mechanically or by infection, headache may result. But, important though they be, these parts are wrongly blamed for many headaches. The skull is covered by soft tissues, most of which are pain sensitive. Especially so are the arteries of the scalp when they are stretched or pulled. The bony skull is insensitive. The brain has two coverings, which are in themselves almost insensitive except about the base of the brain. However, these coverings have running over and through them, arteries and veins, which are extremely sensitive to stretching or pulling. The brain itself is not pain sensitive. Indeed, it may be cut, burned, or crushed without causing pain.

Now then, what happens to these pain sensitive parts so that headache results? In the first place, anything that pulls upon, distends, or displaces the arteries and veins inside or outside of the skull causes headache. It is a common experience to have headache when one is "coming down" with a "cold" or "grip." The explanation is that the onset of any infection, usually with fever, causes the arteries of the brain to expand, and this hurts.

Another cause of headache is inflammation of the coverings of the brain known as meningitis. To this list might be added the headache that results from pressure, as by tumors, upon nerve fibers not in the brain itself, but in passage from the outside of the skull to the brain.

It may be understood then, that brain

tumors, brain abscesses, hemorrhages into the brain, inflammation, and other brain injuries cause headache only in as much as they pull, press upon, displace or inflame these vessels, coverings and nerves. When headache results from such causes it is a serious sign, and prompt medical and surgical means may be necessary to save life.

It is a mistaken, though common belief, that high blood pressure in itself is a cause of headache. The level of blood pressure

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May We Present



AUGUSTINE J. SMITH

It may or may not be true, but they tell of a certain new employee, a young lady of forthright manner, who looked up from her desk one afternoon to see a tall, gray-haired gentleman of dignified manner. Recognizing him as neither patient nor employee, she inquired somewhat acidly whom he might be.

"I am Governor Smith," he said.

"If you are Governor Smith," said the young lady, "then I am Eleanor Roosevelt."

The point of the story is that it is exceptional. To two thousand-odd New York Hospital employees, "Governor Smith" means not Al of the brown derby, but Mr. Augustine J. Smith, a member of the board since 1902 and secretary since 1934.

Mr. Smith's family association with the hospital dates back even more than 38 years. His great grandfather was president of the College of Physicians and Surgeons, at one time affiliated with this hospital. His wife's uncle was a member of the hospital board and so was her grandfather.

When he joined the Board of Governors 38 years ago, Mr. Smith was elected for service on the Committee on Nursing and on the Bloomingdale, or Westchester, Committee. He has served on those committees ever since. At the present time, as well as being chairman of the latter committee, which passes on all the problems of the Westchester Division, he serves as chairman of the Executive Committee of the Board of Governors. Its duties are infinite and varied, ranging from the appointment of doctors to the staff to the formulation of policies affecting the hospital. For some time he has been the governor of the hospital with the longest record of service on the board.

Born in New York City in 1872, Mr. Smith lived for a time in Morristown, New Jersey, and began his schooling there. He graduated from St. John's School, a military academy located at what then was called Sing Sing, rather than Ossining, New York, in the class of 1890. His first job was in the paper business, and in 1905 he established with his brother-in-law the brokerage firm of Taylor and Smith, from which he retired in 1926. He was married in 1899 to Miss Julia P. Hard, and it was through her uncle that the New York Hospital was fortunate enough to gain the interest of this man who has served it so loyally and competently for almost forty years.

Few men have richer or more varied interests. He has been an outstanding friend to the New York Institute for the Education of the Blind of which he is vice-president, and has made over 50,000 pages of Braille.

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THE PULSE

of the Employees of The New York Hospital,
68th to 71st Streets, York Ave. to East River

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MISS BESSIE A. R. PARKER (left, below) succeeds
MISS ANNA D. WOLF (right) as Director of the
School of Nursing and Nursing Service



Miss Wolf asks us to say good bye to the many friends whom she was unable to see before she left and to express regret for her inability to see everyone.

She also wishes to express her deep appreciation for the consideration and support she has had from everyone with whom she has been associated.

DEGENERATE YANKEEDOM

As we sat on the terrace in our backyard and took another draft of that amber liquid, a large cabin plane zoomed overhead on its journey westward. Our imagination allowed us the curious thought of what a shame it might be if that plane dropped a bomb right straight into that refreshing glass of ale.

Doggone-it, we've read enough about bombers. Why should the above thought interrupt our relaxation? We'll tell you why! We don't remember where but some place we saw an article about a dictator's contempt for "degenerate Yankeedom." Our blood boils ever so quietly.

Let ours be the cogitation that Yankees, as that appellation we pin to all red blooded Americans of which there are not few, possess the initiative and the punch to look after any bunch of heel-clicking serfs. The world shall know that the stuff in our fingers is not hands full of our own hair.

BOOKS

The Hospital Gift Shop Lending Library exerts every effort to have a wide selection of best sellers on the shelves. This service is for all subscribers to enjoy, but it has been discovered that full cooperation is not being given to insure efficiency.

Books should always be registered with the clerk; books are taken out by one individual and passed around to all that person's friends thereby holding it back from some subscribers. All proceeds for the renting library, over and above the cost of the books is turned over to the Social Service Department.

Each subscriber is asked to have consideration for the problems thus created and help the Lending Library to give the best of services to all.

Sense—No Sense

Isn't it a riot? We have the perfect walks to stroll along; the perfect benches to rest upon; a beautiful river to watch, . . . but it is all fenced off at 70th Street. Is there no way to make an entrance where the foot traffic is heaviest?

We understand that one of the employees had a fancy date the other night and figured that a cold shower wouldn't hurt his chances of making the right impression. Unfortunately he confided in his buddies. They, in turn, hid his clothes while he was in the shower.

The victim missed a fine evening. It seems that one simply can't run out on the street 'dishabile.'

NEW MEMBERSHIP DRIVE

The renewal of the fall program by the Employees' Activities Council is just a month away. The new program will be larger than that of the past season.

As many readers know, this organization came into being at the suggestion of a handful of people who worked diligently and voluntarily toward its success. As a result, they obtained the use of a large gymnasium, a swimming pool and locker room facilities for the members. All this at a nominal cost to each individual and that, admittedly, is no mean effort.

The organization sponsored two dances

during this period and both were highly successful from a social standpoint if not from a lucre eye view. It now plans a tennis tournament for tyros, intermediates, and seniors, to begin August 15, all departments invited.

Reliable sources indicate that there is a slight possibility the tennis courts may be converted into an ice skating rink this coming winter.

The membership drive for the 1940-1941 season will soon be under way and we hope to equal last season's record and even better it. This can be accomplished only through the complete cooperation of all working here in the hospital.

See Treasurer Joseph Cricchio about a membership card.

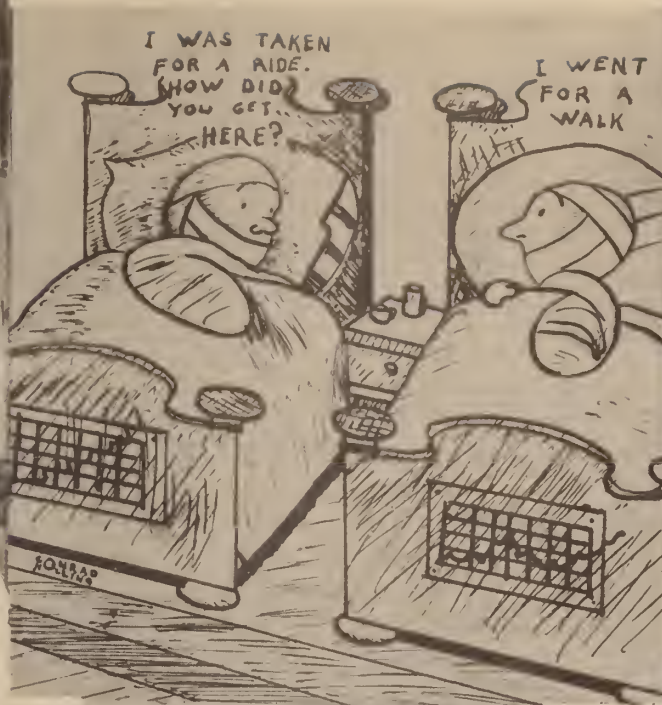
PROMOTION OF NURSING ARTS INSTRUCTOR

Miss Margaret Wyatt, formerly Instructor of Nursing Arts in the New York Hospital School of Nursing, has been appointed to succeed Miss Bessie A. R. Parker as Assistant Director of the School of Nursing and Head of the Medical and Surgical Nursing Instruction and Service.

She has been a member of the Nursing Staff of the New York Hospital since her graduation in 1927. Her varied responsibilities have made her very well known throughout this institution as well as the nursing organizations of the City and State so she needs no introduction. The Medical and Surgical Service is in capable hands.



THERE WERE FOUR
PRETTY GIRLS



RUTH DORAN.. OBSTETRIC, O.P.D.
EVELYN LIDDLE "
PAULINE MURPHY "
MRS. CELIA PEHR "
MRS. BERTHA COOPER, WELFARE DEPT
GWENDOLYN DOBLE " (LEFT)



CHARLEY BRENDHEUSER
& CHARLEY WENDELL



CHARLEY & "OLD FAITHFUL"



"NICE CAR"
HARRY



JOE STANKOVICH
JOE PEROTTI

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HEADACHE: As Defined

has little to do directly with the presence or absence of headache. Although some persons with high blood pressure do have headache, at least half the people with high blood pressure have no headaches. Those who do, have their headache whether their blood pressure happens to be at the time, relatively high, low, or moderate. Some persons with high blood pressure actually lose their headaches as their blood pressure gets progressively higher.

Headache occasionally results from painful contraction of the muscles of the scalp and neck, due sometimes to infection, but also to abnormal and uncomfortable posture associated with tension, such as occurs in a long and trying automobile ride, or in bending over a task which must be carefully done within a limited time.

Let us now ask, — what proportion of headaches imply serious disease or damage to the structures of the head. Fortunately, the answer is: only a small fraction imply serious trouble. If one were to add up all the headaches caused by brain tumors, brain abscesses, meningitis, hemorrhages and injuries to the brain and head, they would constitute but a small percentage of the total number of all headaches.

The vast majority of headaches are varieties of so-called "sick headaches" or migraine. Migraine headache is one that recurs periodically, often over many years. It is usually one-sided at onset, but may become generalized. It is usually accompanied by nausea and vomiting, sometimes by visual disturbances, and sometimes by numbness and tingling of the arms and legs. It may occur in several members of a family. Such headaches are extremely common, costly in time, and prostrating, but are quite harmless in the sense of damage to any structure, or in shortening life.

We may ask — How can one tell easily, the dangerous headache from the harmless one? The answer is: There is no easy way. They sometimes resemble each other closely and only the skill of a physician can distinguish one from the other.

What is the mechanism of migraine headache? Migraine headache results from the stretch of the arteries of the head, chiefly those on the outside of the skull. Indeed, it can often be observed during a one-sided migraine headache attack that the arteries over one temple stand out in relief as compared with the other side.

What can be done to stop a migraine headache? Since migraine headache may be of any intensity from a slight dull ache to one of prostrating severity, several means

exist. To eliminate a mild or moderate headache, the sufferer commonly takes an aspirin tablet or this or that favorite headache mixture, and the pain goes. But when the headache is severe, other means are necessary. You will recall that the headache results from distension of the arteries of the head. Therefore physicians now administer a drug which is capable of narrowing these stretched arteries. Such a procedure usually causes the headache to diminish or disappear within three quarters of an hour. Unfortunately this drug, ergotamine tartrate, cannot be taken too frequently without danger of doing great harm. But when it is administered wisely, it may be used repeatedly with dramatic effect.

Now, what induces these head arteries to stretch so painfully? The answer is: meeting life with attitudes that produce worry, fear, tension, resentment, rage and exhaustion. These are the building blocks of common sick headache.

And what kind of people get sick headaches? More than nine-tenths of them are unusually ambitious and preoccupied with success. They have "set" personalities with a desire to do things perfectly and to have things "just so," though their basic stubbornness is often covered by a smooth surface of poise and social grace. Because they are so conscientious they naturally find themselves in positions of responsibility, but also find it difficult to modify their high and fixed standards and to adjust themselves to the changing and uncertain factors of their life situations. In reaction to the fact that other human beings and the world about them are not "just so," destructive emotional reactions are developed and sustained, — chiefly tension, dissatisfaction, and resentment. The intensity of the feelings depends on the person's inflexibility and the demands of his world.

Strangely enough, these hard driving persons get their headaches not only while in the midst of the fray, but commonly on weekends, holidays, and vacations, — the very days they look forward to, for relaxation and rest.

It is clear that there are many individuals with this kind of temperamental make-up who do not have migraine. On the other hand, it is also apparent that there are many individuals with similar character qualities who have other troubles, perhaps digestive or stomach trouble, or high blood pressure. I wish to emphasize that anyone with a personality like that described lays himself open to a good deal of trouble and stress.

What evidence have we that such emo-

tions may be the forerunners of painful changes in arteries of the head or other structures? Bodily changes as accompaniments of strong feelings are now generally recognized. For example: An audience of a thousand people in a moving picture theater loses about 100 pounds of water (chiefly as sweat), in one hour under ordinary conditions; but during an especially thrilling moving picture, the water output may rise to 150 pounds an hour, or an increase of 50%. Another example is: during fright, the hands may become blue and painful and their temperature may fall as much as 24 degrees Fahrenheit in a few minutes. This fall in temperature is due to a narrowing of the arteries of the hands and sweating. Or again, if a man digesting a meal is engaged in a quarrel, digestion may be stopped, often with pain and vomiting. Our common language has many phrases that describe such bodily changes, such as — "He was pale with rage," "My hair stood on end," "He got cold feet," "He got hot under the collar." Or when faced with an unpleasant situation one may say, "Isn't that a headache!" In short, it is not a new idea that headache may result from troublesome experiences.

What can one do to prevent "migraine headaches?" To some persons the mere knowledge of the nature of their headaches and how they are caused is enough. Once having been reassured as to the nature of their illness and how it springs, they set about by themselves to put their personal households in order. But most people need more help. These admirable persons have the defects of their qualities. They have stumbled over their own assets. They have forgotten that excessive virtue may become a fault. They have been caught in the ruts of thinking and acting, and only by a guided review and re-education can changes be brought about. By such guidance and attention to simple but important factors in their daily lives, at least two thirds of those with sick headaches can look forward to good health and satisfaction.

Our knowledge of headache has grown steadily in the last few years, due in part to the painstaking effort of physicians, but more especially to the sympathetic attitude and cooperation of hundreds of headache sufferers who have unreservedly contributed themselves and their headaches for analysis and study. Only through such enlightened understanding by many citizens does knowledge about man increase.

*How about some inside dope on what
YOU did on YOUR vacation?*

Vacation Notes



James A. Bowden spent a swell time at a private lighthouse on Smith Island about $1\frac{3}{4}$ miles off the coast of South Norwalk, Connecticut. He quotes, "We caught quite a few striped bass and flounders. Returning to the lighthouse at low tide, we dug over 300 clams." Doesn't that sound like an approximation of heaven?

Helen Ganzauf, clerk at the desk in the Residence returned from a vacation on Long Island; she has an enviable coat of tan.

Lou Kanya, genial window man in the General Store, fished for the big one that got away out on the island.

Mrs. Mildred Hanks, secretary to Miss Bessie Parker, spent two weeks with her son, Bobby, fishing at Wolfboro, New Hampshire.

Mr. George Taylor, of the Accounting Dept., had a fine time for himself in Canada. Claims that for all-around fun there is nothing like it.

Miss Catherine Rorhbaugh, of the Nurses Infirmary, spent her vacation in Wildwood, N. J. The vacation was considered "tops."

Mr. John Leman, of Nutrition Stores, spent his two weeks in his 'old home town' near Scranton, Pa. We understand he became quite chummy with the farmers. Since his return he has been talking a blue streak on 'crop rotation and plowing the pigs under.'

Miss Sprogell had her vacation cut short to return to the hospital for an emergency operation. At this writing she is doing very nicely and hopes to be back with us very soon.

Mr. Lawson has recently announced that he is leaving us to open a convalescent home for male patients in Canaan, Conn. He will leave the middle of August and open his place about Sept. 1st.

Dr. Rockwell expects to spend his vacation sitting in a boat, holding a line and MAYBE catching a fish.

Mr. Rochelle spent his vacation swimming and sunbathing on the South Jersey beaches.

Jessie Weaver and Grace Lundgren had a nice trip through Virginia in the Chevrolet.

Ethel Oatman spent some of her vacation at Bar Harbor, Maine.

Bill Boulden spent a week at Nantucket and the rest of the time in Baltimore.

Kay Kelly is out in the great west — Glacier National Park, Mexico, San Francisco and New Orleans.

Jimmy Kane spent his vacation in Maine, at least a good portion of it.

Phyllis Webbe and Mary Burnett in Lutherland, Pa.

Marion Robinson touring New York State.

Olive K. Brown spending a month at Thousand Islands.

Miss Gundersen at Martha's Vineyard.

Patsy Hoff to go on a cruise on the S.S. Kungsholm to Puerto Rico and Haiti.

Dr. Sniffen is going to spend the month of August at North Pond, Maine.

Miss Schubert and the Pediatrics Staff entertained at tea for Miss Royle, Friday, August 2nd.

Dorothy MacQueen at Kennbunk Maine and in Canada.

Our publisher has gone Cape Cod way for his vacation, no cod!



E. R. Sammy says:

I'm a pickerel if I don't like your PICTURE PULSE. Let's all get in the swim and send in our snapshots.

MAY WE PRESENT

(Continued from Page 1)

Long interested in crime prevention, he was associated with Dr. Carleton Simon in broadening the scope of the police narcotic bureau. During the World War he volunteered for service with the Department of Justice. One of his most notable exploits was that of getting the evidence on the steamer Dacia, which had been provisioning enemy submarines.

Aside from the immense amount of good which he has done for sick people and for the blind, Mr. Smith's greatest contribution to the welfare of this community probably was that which he made in 1934. On the Grand Jury panel for more than two decades, he was in that year secretary of the famous "runaway jury" that led to the appointment of Tom Dewey as special prosecutor, the smashing of gang rule and the inauguration of a new and more law-abiding era. He has continued his active interest in the work of the District Attorney's office through membership in the Grand Jury Association.

Tennis



HEAR YE! HEAR YE!

All who swing a racket and have a real interest in tennis should sign up at once! Where? — Why on one of those fine posters you see in the Men's, Ladies' and Orderlies' locker rooms or, at the Nurses Residence, Staff Bulletin Board and the Garage.

Yes Sir! We are going to have a tennis tournament that is a tennis tournament. There will be specified groups and matches played according to a time schedule. The match scores will be used in rating all players for a regular annual tourney to be played in September and October.

Remember! Tennis ability is not a criterion, for the tournament will give consideration to beginners as well as champions.

So! Sign up by the 17th of August.

Drawings will be made by the 19th.

Play to be started by the 20th.

Therefore! Sign up (name and Department) and then check at the Garage on the 19th to find your position for the play-off.

TENNIS COMMITTEE

Baseball



The Hospital baseball team remained in the undefeated class when another victory was added to the string on July 25th. With George Vishner doing a stellar job of hurling, the Eighth Ave. Subway team was defeated by a score of 4 to 2.

It was a costly victory, nevertheless, for Gus Melish broke an ankle sliding into third base in the first inning and will be lost to the team for the rest of the season. Joe Crutch the "G" man has been appointed booking agent for the team and he is planning to get some good competition for the Hospital team over the balance of the season.

HOSPI-TALES

The Beauty Parlor in the Nurses Residence is situated in its new rooms on the 9th floor. Plans are being made to increase the staff and hours in an endeavor to give more efficient service. Any employee may avail herself of this service. Call extension 611 for appointments. P.S. — They have equipment to give machine-less permanent waves.